WINNIPEG metro®

Science offers a helping hand

Revolutionary prosthetic limb developed in New Hampshire. Use Metro AR to see it in action

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Troy and Abed getting cancelled

Community won't be back for a sixth season — for slightly racist, isometric reasons

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FULL OF SOUND, AND FURRY

WHEN BEARDED DRAG QUEEN CONCHITA WURST WON EUROVISION, THE INTERNET EXPLODED WITH PRAISE AND PROTESTS

PAGE 6

Kevin Donnelly, True North's senior vice-president of venues and entertainment, gave Metro a tour of the Burton Cummings Theatre Monday, as the Winnipeg Jets owners announced they'd signed a two-year contract to operate and manage the theatre. SHANE GIBSON/METRO

True North aims to point The Burt in a new direction

New management. Winnipeg Jets owners plan $300K in repairs, upgrades to 107-year-old venue this summer

SHANE GIBSON
shane.gibson@metronews.ca

True North Sports and Entertainment Limited is now at the helm of Winnipeg's historic Burton Cummings Theatre.

The Winnipeg Jets and MTS Centre owners confirmed Monday they've signed a two-year contract, with an option to renew, to manage and operate the 107-year-old, 1,604-seat former vaudeville theatre.

"We're sort of putting our toe in the water," said Kevin Donnelly, True North's senior vice-president of venues and entertainment, at the foot of the theatre's stage Monday as a crew worked to clean popcorn off the floor from last weekend's George Thorogood concert. "It's a short-term step into what we hope really is a long-term opportunity."

In the short-term, the new operators have hit the ground running with roughly $300,000 of repairs and upgrades planned over the summer.

Work so far has included small, but important, things like making sure the nuts and bolts in each seat in the house are tightened, and opening up a long-out-of-use men's bathroom in the basement.

Plans include adding one or two more stalls to washrooms on each level for guests, and plenty of work behind the stage to improve the experience for the acts Donnelly hopes to attract.

True North's ultimate goal is to keep the aging theatre open by bringing in more entertainers and making it see a profit again, according to Donnelly, who is also the general manager of MTS Centre.

"We view this as a labour of love," he said. "It needs to evolve, not slide down, and I think that only happens through being a busier building."

True North has partnered with Manitoba Liquor and Lotteries on the project, who are contributing both cash for the work and help on the programming side.

What's in a name?

True North has no immediate plans to change the Burton Cummings Theatre's name, but Donnelly didn't rule it out, saying they're "revisiting" a contract with Cummings, who originally agreed to play three fundraising concerts for the venue, but has played only two.

Tangerine
Forward Banking

NEWS 1

Three charged

Handguns found in traffic stop

Police have charged two Alberta men and a Winnipeg man after loaded handguns were found during a traffic stop near the corner of Corydon Avenue and Cockburn Street around 12:30 a.m. Monday.

Officers found a .45-calibre Smith and Wesson 1911 semi-automatic and a .45-calibre Glock 21 semi-automatic and ammunition inside the car.

The Smith and Wesson had previously been stolen in Regina, and police are working to trace the background of the Glock. METRO

Tyndall Park

Residents chase away intruder

A 22-year-old man is facing a number of charges after residents woke up during a break-in in Tyndall Park early Sunday and chased an intruder from their home.

The lone intruder got into the home on Taraska Bay around 2 a.m. through an unlocked door and began removing electronics.

The suspect woke a woman and allegedly began assaulting her to keep her from calling for help. The victim says she was able to break free and alert two other occupants, who chased the man on foot into the neighbourhood.

Officers caught up with the suspect with the help of police dogs. Devon McGillivary of Winnipeg has been charged with break-and-enter, assault and failure to comply with a probation order.

METRO

$1 million. Woman gets amazing Kinder Surprise

The newest millionaire in Winnipeg has an unsuccessful chocolate hunt to thank.

Yvonne Perrault was looking for a specific chocolate for her daughter on Easter Sunday when she stopped at a gas bar on Gateway Road in North Kildonan and decided to buy a $100 Million Prestige Scratch 'N Win ticket.

The $10 ticket paid off with a $1-million win.

"I sat in shock for like 20 minutes," said Perrault in a press release.

She said she plans on investing but will also "go grocery shopping without even thinking about how much is in my account." METRO

Yvonne Perrault is the city's latest lucky lotto winner. CONTRIBUTED

Timm-Rudolph. Former councillor dies of cancer

Winnipeg's second-largest school division is mourning the loss of a trustee and former city councillor.

Shirley Timm-Rudolph of the River East Transcona School Division's board of trustees died Sunday after a lengthy battle with cancer.

"Shirley was a neighbour, a good friend and contributing member of our school board," said board chair Peter Kotyk, who represented Ward 5 with her, in a press release. "She always stood up for what was right."

Shirley Timm-Rudolph CONTRIBUTED

Timm-Rudolph served as a city councillor from 1986 until 1992, and then as Transcona councillor from 1995 until 2002. METRO

City accepts guidelines for off-leash dog parks

Better planning.
City aims to improve previously haphazard, opportunistic strategy

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A city committee has approved a guidelines report for off-leash dog parks in Winnipeg, despite concerns raised by two animal groups.

Coun. Brian Mayes, chair of the protection and community services committee, said he and his colleagues felt the report brought up good points.

"We've had some (dog parks) that have shrunk over time, so we need to try to find more permanent homes for these things, rather than just putting them in unused street right-of-ways," said Mayes after Monday's meeting.

The $20,000 report calls for a framework for the distribution of parks in the city and guidelines on the evaluation of potential sites, development of new parks and review of existing off-leash areas.

Both Bill McDonald, CEO of the Winnipeg Humane Society, and Donna Henry of the Winnipeg Network of Dog Owners Group raised concerns about the report, including a charge that they were not consulted.

In a previous interview with Metro, McDonald said the city's past practice of locating dog parks temporarily is not proper city planning.

Mayes said the report does call for better planning and that there is a willingness to improve current parks, such as a request for $7,975 to install in-ground waste receptacles in St. Vital's Maple Grove Dog Park.

Bill McDonald, CEO of the Winnipeg Humane Society, raised concerns about the report, including a charge that they were not consulted. METRO FILE

An outreach worker at Boom Health centre packages condoms for distribution to sex-trade workers in Bronx, N.Y. BEBETO MATTHEWS/THE ASSOCIATED PRESS FILE

Condoms not to be used in prostitution cases: NYPD

New policy. Police don't want to give condoms a bad rap while fighting crime

The New York Police Department will no longer confiscate unused condoms from suspected sex workers to be used as evidence of prostitution, ending a long-standing practice that had been criticized by civil rights groups for undermining efforts to combat AIDS and other sexually transmitted infections.

Under the new policy announced Monday, officers may continue to seize condoms as evidence in sex-trafficking and promotion of prostitution cases, but they will not use them in support of prostitution cases. Critics had said the previous policy amounted to police harassment.

"The NYPD heard from community health advocates and took a serious look at making changes to our current policy as it relates to our broader public safety mission," Police Commissioner William Bratton said.

For decades, police in New York and elsewhere had confiscated condoms from sex work suspects ostensibly for them to be used as evidence in criminal trials.

"A policy that inhibits people from safe sex is a mistake and dangerous," Mayor Bill de Blasio said Monday. "And there are a number of ways you can go about putting together evidence" without condoms, he said.

Civil rights groups and advocates for sex workers and gay, lesbian and transgender young people commended the department's new policy, but want a ban on the use of condoms as evidence in sex trafficking and promotion of prostitution cases too.

A 2010 study by the city's Department of Health surveyed more than 60 sex workers and found that more than half had condoms confiscated by police. Nearly a third said they had at times not carried condoms because they feared getting into trouble.

Two years later, the group Human Rights Watch interviewed 197 sex workers in New York, Washington, Los Angeles and San Francisco and found that many limited the number of condoms they carried or went without because they feared police attention.

The report concluded that transgender teens, street-level sex workers and immigrants were especially targeted because of their appearance or behaviour.

Prosecutors in Brooklyn, San Francisco and elsewhere decided to stop using condoms as evidence in prostitution cases.

Measures to abolish the practice across New York State have been introduced for nearly two decades and last year passed the Assembly. Similar legislation has been introduced in California. THE ASSOCIATED PRESS

Psychiatrist: Anxiety disorder may have led to Oscar Pistorius killing girlfriend

Oscar Pistorius has an anxiety disorder that may have contributed to the fatal shooting of his girlfriend, an expert testified at his murder trial Monday, prompting the chief prosecutor to say the double-amputee Olympian should be placed under psychiatric observation.

The judge has not yet ruled on prosecutor Gerrie Nel's application that the court considers a period of mental evaluation for the runner.

Dr. Merryll Vorster, a psychiatrist called by the defence, testified that a series of events in Pistorius' turbulent life, including the amputation of his lower legs as a baby, his parents' divorce, his late mother's habit of sleeping with a gun under her pillow and his own fear of violent crime contributed to his "increasing stress."

Vorster said Pistorius' anxiety and his physical disability may have caused him to act differently from other people when he shot four times through a toilet stall door, killing girlfriend Reeva Steenkamp. Pistorius, 27, claims he mistook Steenkamp for an intruder, but prosecutors say he killed her after an argument and shot in anger, not fear.

Pistorius' chief lawyer Barry Roux said at the start of defence-led testimony that the double amputee's vulnerability and disability was at the centre of his case. But prosecutor Nel questioned whether Pistorius was merely trying one of a number of defences for shooting his girlfriend. THE ASSOCIATED PRESS

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TRANSIT TUESDAY
Weekly Transit News Update

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham & Donald) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

CONVENIENT DART SERVICE

Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of South and South East Winnipeg. DART buses operate during off-peak hours only and are cell phone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pick up from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

GET INTO THE DOWNTOWN SPIRIT!

The next time you and your friends are planning lunch at your favorite downtown restaurant don't forget about the Downtown Spirit. Our free shuttle service is a great way to travel to most of Winnipeg's most popular downtown destinations. There are three Downtown Spirit routes to serve you - for complete route and schedule information visit winnipegtransit.com or call 311.

GET MOBILE WITH BUSGUIDE

BUSguide is the mobile version of Winnipeg transit's award winning website. You'll get the same great features and information in a format that is optimized for internet-enabled mobile devices. Go to m.winnipegtransit.com.

DID YOU LOSE OR FIND SOMETHING ON THE BUS?

Call 311 or visit our Lost Property Office at Winnipeg Transit's Downtown Service Centre located in Winnipeg Square.

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Simply park your car at a Park & Ride location near you and take the bus to your destination. You'll enjoy the convenience and probably save a few bucks in gas while you're at it. Visit winnipegtransit.com for more information about our Park & Ride service.

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'It's not just a building anymore. It's a spirit'

Lac-Mégantic. Quebec town plans to rebuild the Musi-Café, destroyed in 2013's train disaster, as partly a gathering place, partly a memorial

Musi-Café owner Yannick Gagné is rebuilding his popular bar in Lac-Mégantic 10 months after the deadly train explosion. On display will be the cash box containing money, keys and papers signed by a number of deceased employees that was recovered in mid-April from the site of the crash. COURTESY JACQUES DOSTIE

Time has passed in Lac-Mégantic, but the anxiety has not.

Ten months after the train disaster that killed 47 people in the eastern Quebec town, residents should be gearing up for a bustling tourist season.

Instead, they are still finding their feet after the tragedy and hoping that a construction project begun last week will return some spirit to a town that has known only ghosts since July 6, 2013, when a runaway train loaded with crude oil jumped the tracks and wiped out a swath of the downtown.

The project that is being unveiled Tuesday — the reconstruction of the Musi-Café, a popular local bar — is both emotional and practical.

Practical because the destruction of the rallying point for local revellers, karaoke singers and visiting musical acts has left Lac-Mégantic without a nightlife or place to celebrate moments of joy.

It is charged with emotion because the bar that was located next to the train tracks on the main downtown strip was where about 30 of the 47 victims were enjoying drinks, music and friends when the train flipped, caught fire and exploded.

Just a few things were recovered from the tragedy: a German beer sign, a few beer kegs, a metal drink shaker and a patio umbrella that had been stored in the bar's basement. But the most touching item bar owner Yannick Gagné now has in his possession is the charred steel box that held cash, coins, keys and deposit slips signed by staff, three of whom died that night.

It was thought to have been incinerated in the fires, but was discovered two months ago in debris around the town's former library, down the street from the Musi-Café's former site.

"They put it aside and when they opened it three weeks or one month later, they realized there was too much money for it to belong to the library and there were special objects inside like keys, because I always kept the keys inside," Gagné told Torstar News Service on Monday.

These items, along with some floor planks and tiles that survived the inferno, will make up part of a memorial that will adorn the new bar when it opens in August or September. It will honour all the townsfolk who died that morning, but especially the many whose last moments were inside the bar.

The new Musi-Café will be just 6,000 square feet of commercial space located at the end of Lac-Mégantic's relocated downtown strip, but it is nevertheless an "overwhelming project," said Marc Bovet, head of Bone Structure, the Quebec firm handling the construction.

"It's not just a building anymore," he said. "It's a spirit.

"Yannick has been designated, whether he wanted it or not ... as being the leader of rebuilding this community, and it doesn't all come with bricks and mortar."

TORSTAR NEWS SERVICE

Charges filed

The Crown prosecutor's office in Quebec says three people and a train company will face criminal negligence charges stemming from the disaster.

- 47 counts of criminal negligence have been filed against Thomas Harding, Jean Demaitre and Richard Labrie as well as the Montreal, Maine and Atlantic Railway Ltd.

UN report slams Canada's First Nations record

A UN rapporteur is at a loss to explain how a prosperous and sophisticated country like Canada has come to have on its hands a First Nations human-rights problem that has reached "crisis proportions."

James Anaya's report picks a fight with the federal government on several fronts — education, energy projects on reserves and missing or murdered aboriginal women, to name a few — and is sure to amplify tensions between Canada's First Nations and a federal government they so thoroughly distrust.

"It is difficult to reconcile Canada's well-developed legal framework and general prosperity with the human-rights problems faced by indigenous peoples in Canada that have reached crisis proportions in many respects," writes Anaya, the UN's special rapporteur on indigenous rights.

A vigil is held in Ottawa in March to call for a national inquiry into missing and murdered aboriginal women. SEAN KILPATRICK/THE CANADIAN PRESS

"Moreover, the relationship between the federal government and indigenous peoples is strained, perhaps even more so than when the previous special rapporteur visited Canada in 2003."

Aboriginal Affairs Minister Bernard Valcourt acknowledged more work needs to be done, but highlighted steps the government has taken to give First Nations access to housing, education and matrimonial rights.

"Our government is proud of the effective and incremental steps taken in partnership with aboriginal communities. We are committed to continuing to work with our partners to make significant progress in improving the lives of aboriginal people in Canada," Valcourt said in a statement.

THE CANADIAN PRESS

Boko Haram leader wants prisoner swap

Nigeria. Schoolgirls won't be released until detained fighters are freed: Extremist

A Nigerian Islamic extremist leader says nearly 300 abducted schoolgirls will not be seen again until the government frees his detained fighters.

A new video from Nigeria's Boko Haram terrorist network received Monday purports to show some of the girls and young women chanting Quranic verses in Arabic. The barefoot girls look frightened and sad and sit huddled together wearing grey Muslim veils. Some Christians among them say they have converted to Islam.

It is the first video evidence of the girls and young women since more than 300 were kidnapped from a northeastern school on April 15.

"I swear to almighty Allah you will not see them again until you release our people that you have captured," leader Abubakar Shekau says as he cradles an assault rifle in the video.

It is not known how many suspected Boko Haram members are detained by security forces. Hundreds were killed by soldiers last month when Shekau's fighters stormed the military's main northeastern barracks in Maiduguri city, the birthplace of Boko Haram.

In Chibok, the town from which they were stolen, parents were turning on a generator, hoping they could watch the video and identify their daughters, said one of the town's civil leaders, Pogu Bitrus.

Fifty-three schoolgirls have escaped by themselves and 276 are missing, police say.

THE ASSOCIATED PRESS

This photo, taken from video released by the Boko Haram terrorist network Monday, purportedly shows the missing Nigerian schoolgirls. THE ASSOCIATED PRESS

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9-11 memorial artifact arrives

South King Co. Fire and Rescue officials salute Monday next to a piece of limestone that was part of the building at the Pentagon before it was destroyed in the 9-11 terrorist attacks. The stone, along with a beam from the World Trade Center and a rock from the field where United Flight 93 crashed, will be part of a memorial dedicated this year on Sept. 11 in Federal Way, Wash.

THE ASSOCIATED PRESS

Lampedusa, Italy

At least 14 migrants dead after boat sinks

A boat crowded with migrants sank Monday in the Mediterranean just beyond Libya's territorial waters, leaving at least 14 people dead, said the Italian navy, which helped rescue more than 200 survivors.

Nationalities of the survivors and dead hadn't yet been determined.

THE ASSOCIATED PRESS

Human rights court

Turkey ordered to pay Cyprus $123M

Europe's top human rights court in its largest ever judgment ordered Turkey on Monday to pay $123 million to Cyprus for its 1974 invasion and the island's subsequent division.

The decision from the European Court of Human Rights said the passage of time did not erase Turkey's responsibility in the case, ruling that Turkey must pay $41 million in damages to relatives of those missing in the operations and $82 million for "the enclaved Greek-Cypriot residents of the Karpas peninsula."

Hundreds of Greek Cypriots still live in the Karpas peninsula in the northernmost tip of the breakaway Turkish Cypriot part of the island.

Cyprus has been divided since Turkey invaded in 1974 after a coup by supporters of union with Greece. Only Turkey recognizes the breakaway Turkish Cypriot state proclaimed in the north of the island. THE ASSOCIATED PRESS

Wurst-case scenario for some Russian fans

Drag queen. European opinion divided after Austrian victory at music competition

It's the beard that divided a continent. The victory of whiskered drag queen Conchita Wurst in the Eurovision Song Contest had celebrities from Nigella Lawson to Russell Brand posting bearded selfies on the Internet in tribute — and Russian men snapping clean-shaven pictures in protest.

For millions of viewers, the annual Eurovision show is a cheesy music competition renowned for its camp, kitsch and electro beats. But the nation-based contest is also a potent mix of patriotism and politics in bubblegum wrapping.

Wurst's win has exposed a divide between Europe's progressives and conservatives that British tabloid The Sun cheekily described Monday as the "Furred World War."

Singer Conchita Wurst, representing Austria, performs the song Rise Like a Phoenix in Copenhagen, Denmark, on Saturday. FRANK AUGSTEIN/THE ASSOCIATED PRESS

The statuesque brunette with the soaring voice of a diva and a full dark beard called her first-place finish in Saturday's contest a victory for tolerance and respect.

But Russian Deputy Prime Minister Dmitry Rogozin tweeted that Eurovision had shown the true face of European integration: "a bearded girl." On social media, a variety of Russian men posted shaving-foam selfies with slogans such as "Get shaved, don't be like a woman!"

Pro-Kremlin legislator Olga Batalina — deputy head of the family and maternity issues committee of the lower house of Russia's parliament — said Wurst's victory showed "it's not enough to have a talent and a good voice to win Eurovision; you also need to reject your nature, identity and traditions."

That may sound like a lot of rhetoric over a talent show but Eurovision has always been more than a singing contest. Founded in 1956, the competition pits European nations against one another in pursuit of pop music glory.

But it is more generally loved, and mocked, for its parade of cheesy tunes from quirky performers. The live telecast is watched by some 180 million people and has a particularly strong gay following. It also faces perennial accusations of regional block-voting and geopolitical games.

THE ASSOCIATED PRESS

East Ukraine. Insurgents declare independence

Pro-Moscow insurgents in eastern Ukraine declared independence Monday and sought to join Russia, undermining Ukraine's May 25 presidential election, strengthening the Kremlin's hand and putting pressure on Kyiv to hold talks with the separatists.

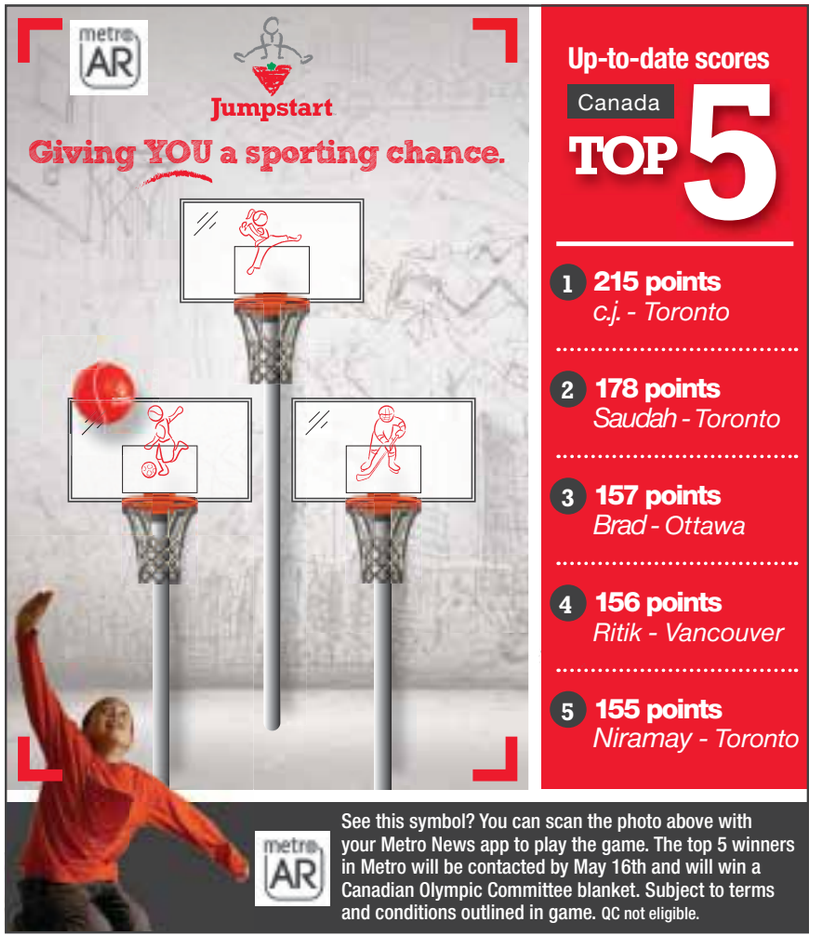
Russia signalled it has no intention of subsuming eastern Ukraine the way it annexed Crimea in March. Instead, Moscow is pushing to include eastern regions in negotiations on Ukraine's future — suggesting that Russia prefers a political, not military, solution to its worst standoff with the West since the Cold War.

Acting Prime Minister Arseniy Yatsenyuk pledged Monday to hold talks with those in Ukraine's east. But he gave no specifics and did not address the declarations of independence by the Donetsk and Luhansk regions.

The interim government in Kyiv had been hoping the presidential vote would unify the country behind a new, democratically chosen leadership.

THE ASSOCIATED PRESS

People celebrating the declaration of independence for Donetsk region on Monday in Ukraine. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS



Up-to-date scores

Canada TOP 5

1 215 points *c.j. - Toronto*

2 178 points *Saudah - Toronto*

3 157 points *Brad - Ottawa*

4 156 points *Ritik - Vancouver*

5 155 points *Niramay - Toronto*

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Pregnant drivers. Risk of car crashes jumps during 2nd trimester, study finds

Pregnant women who drive appear to be at a significantly higher risk of being in a serious car crash during the second trimester of their pregnancies, a new study suggests.

The researchers, who believe fatigue and sleep disruption are probably responsible, say the increase in risk is similar to what is seen for people who suffer from sleep apnea.

The authors of the study, published in the Canadian Medical Association Journal, said they aren't trying to suggest pregnant women stop driving. In fact, they noted that men of a similar age have even higher rates of accidents than pregnant women do, so the answer is not turning over the keys to one's husband, or male partner.

But pregnant women should be aware of the elevated risk, and ensure that they drive with more caution, Redelmeier said: Stop at every stop sign, use indicator lights to signal turns, wear seat belts at all times.

THE CANADIAN PRESS

Mother's Day treat

Great-grandma goes skydiving

An 80-year-old mother of seven from Waterville, Maine, fulfilled a two-decade old dream by skydiving with the help of a tandem skydiver on Mother's Day, one day after her birthday.

Marjorie Bell, a grandmother and great-grandmother, had wanted to jump out of a plane since she was mesmerized by skydivers on a trip to Florida 18 years ago. She already has plans for her 81st birthday: She wants to zip-line across Grand Falls on the Maine-New Brunswick border.

THE ASSOCIATED PRESS

Hotel owner says he's owed millions for housing evacuees

Autumn Alexander, in this photo from April 24, 2011, pulls her case to an evacuation centre. Her family evacuated from the Roseau River First Nation when displaced by the 2011 flood. A Manitoba hotel owner says Ottawa owes him $3 million in unpaid bills for feeding and housing dozens of aboriginal people displaced by the flood. THE CANADIAN PRESS FILE

Flood of 2011. Last of evacuees left Manitoba hotel in November but bills still outstanding

A Manitoba hotel owner says he has been forced to lay off more than 50 employees, close his hotel and put it up for sale because Ottawa owes him $3 million in unpaid bills.

Mike Bruneau, who owns Misty Lake Lodge in Gimli, says he's owed the money for feeding and housing dozens of aboriginal people who were displaced by the 2011 flood. Bruneau was paid a portion of the cash but says he is owed more. Bruneau says he also needs to be reimbursed for damage to the hotel and interest on the debt.

Quoted

"I've got a beat-up building and no business."

Mike Bruneau, Misty Lake Lodge owner

"They were in my hotel for 2 1/2 years," he said Monday. "(The rooms) aren't rentable. I wanted them to pay my bills, so I could fix the hotel up. They didn't pay my bills, so I couldn't go back to doing weddings and conferences, the kind of stuff I used to do.

Bruneau said he got an $8-million offer to sell four years ago. He isn't expecting to get that much now.

The Manitoba Association of Native Firefighters had been given millions to care for evacuees, but Bruneau said the group stopped paying him when he accused it publicly of squandering money.

Aboriginal Affairs and Northern Development Canada is auditing the association's handling of the prolonged evacuation and the Red Cross is now responsible for the long-term care of about 2,000 evacuees.

THE CANADIAN PRESS

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See that symbol? It means you can scan the photo below with your Metro News app to watch a video of a man opening an envelope using a new robotic hand

Ads. Frozen food makers hope to warm consumers up to products with campaign

Frozen food makers planned to launch their first national TV ad in the U.S. in defence of their products on Tuesday in a bid to boost slipping sales.

The ad will include the tag line "Frozen: How Fresh Stays Fresh," and is intended to address negative misconceptions people have about frozen foods.

The push comes as frozen food sales have been hurt by consumers moving to food they feel is fresh or natural.

The push is being funded by companies including General Mills, H.J. Heinz, Jasper Wyman & Son, Kellogg, Lakeside Foods, the Schwan Food Co. and Seneca Foods.

Although frozen vegetables are often touted as being just as wholesome as their fresh counterparts, frozen meals and snacks are widely seen as being full of sodium and preservatives, or lacking in the taste department.

Between 2009 and last year, U.S. sales of frozen meals are down three per cent at $8.92 billion, according to Euromonitor International. And this year, the market researcher is forecasting a decline of an additional two per cent.

In the 30-second commercial set to run on cable and network TV on Tuesday, a voiceover states that "freezing is nature's pause button." It also asks viewers to take a "fresh look at frozen," as images of appealing foods that were apparently once frozen are shown. THE ASSOCIATED PRESS

Shoppers are giving frozen food the cold shoulder these days. DAVID MCNEW/GETTY IMAGES

Prosthetic hands get a modern update

DEKA Arm System.

The latest twist on the 1912 invention lets amputees open envelopes, pick up eggs

Modern life is quickly becoming stranger, and for amputees, *better* than science fiction.

Take the revolutionary new prosthetic limb that looks, and is, completely cutting edge.

The limb is called the DEKA Arm System — and it was developed in New Hampshire by serial inventor/genius Dean Kamen and his team. The thing even has fingernails.

Technology for prosthetic hands hasn't had too many radical advances. Until now, most have been variations on the theme of the 1912 invention of the clasping hook prosthetic.

The DEKA represents a mind-boggling advancement.

Wireless sensors placed under the foot of the user allow them to control six different grips. And that means, as you'll see in the demonstration (scan the Metro AR photo to see), that a user with one hand can now perform previously difficult tasks like opening an envelope.

The impetus for the invention was a DARPA (Defense Advanced Research Projects Agency) initiative called The Revolutionizing Prosthetics Program. Its goal is "so service members with arm loss may one day have the option of choosing to return to duty. Additionally, the dexterous hand capabilities developed under the program have already been applied to small robotic systems used in manipulating unexploded ordnance, thus keeping soldiers out of situations that have led to limb loss."

The new system has just been approved by the U.S. Food and Drug Administration, meaning that it can be manufactured and sold. It's powerful enough to hold a hand drill, while sensitive enough to allow a user to pick up items as delicate as eggs. TORSTAR NEWS SERVICE

In this video screenshot, Fred Downs shows how he can use different grips on the DEKA Arm System to open and handle mail. The U.S. Food and Drug Administration approved the system for commercialization last week. SCREENGRAB

RBC
TOP25
CANADIAN
IMMIGRANT
Awards
There is still time to vote!
Hundreds of nominations were submitted from across the country, telling incredible stories of Canadian immigrants who have made an impact since their arrival. Like our past winners, their achievements are inspiring.
Our judges have narrowed it down to the final 75. Now it's your turn to help choose the RBC Top 25 Canadian Immigrant award winners for 2014.
Vote today to support Canadian Immigrants and their contributions to Canada.
Voting ends Thursday, May 15.
Visit: canadianimmigrant.ca/rbctop25
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Focus

Want seasoning with that?

McDonald's in America has imported a popular concept from its franchise cousins in Asia that will allow customers to punch up their fries with different seasonings.

After debuting in Hong Kong in 2005, the first Shakin' Flavor Fries has hit restaurants in Northern California, where customers can season their fries with flavours like garlic parmesan, spicy buffalo or zesty ranch.

Much like the U.S. chicken seasoning concept Shake 'n Bake, which comes with a bag and seasoning spices, Shakin' Flavor Fries also comes with an additional 'Fry Bag' and seasoning packet. Customers are to throw the fries and spices in the bag, and shake.

Known as Shake Shake in Asia, the menu item has been available for years in China, India and Australia.

The product is being launched locally, but could expand nationally.

It's the latest move out of the fast food burger industry to pimp up the standard burger accompaniment.

Last fall, Burger King reduced the calorie and fat content to launch its new Satisfries, while Wendy's revamped its spuds, pitching them as "naturally-cut" fries cooked with the skin on, and sprinkled with sea salt. THE ASSOCIATED PRESS

Spicing things up

2005

The concept of seasoning McDonald's famous fries debuted in Hong Kong in 2005. Now, the first Shakin' Flavor Fries has hit restaurants in Northern California.

Malaysian crash

UN set to suggest aviation changes

Spurred by the crash of a Malaysian airliner in March, the International Civil Aviation Organization held a special meeting Monday to look at the global tracking of airline flights.

The UN agency that governs civil aviation was expected to come up with a number of recommendations by the end of its meeting on Tuesday, when a news conference is scheduled. THE CANADIAN PRESS

Rogers came in last

Fastest Internet in Canada? Bell, says Netflix study

Bell is first and Rogers ranks last in Netflix's first Canadian comparison of connection speeds. Users accessing Netflix through Bell's fibre optic network in April had an average speed of 3.19 megabits per second, while Rogers' average speed was just 1.67 Mbps, according to the streaming company. THE CANADIAN PRESS

Market Minute

DOLLAR 91.77¢ (-0.01¢)

TSX 14,654.94 (+120.88)

OIL $100.59 (+$0.60)

GOLD $1,295.80 US (+$8.20)

Natural gas: $4.42 US (-$0.12)
Dow Jones: 16,695.47 (+112.13)

ME TARZAN, YOU BREADWINNER

SHE SAYS

Jessica Napier
metronews.ca

Earlier this month, Fox News hosted a discussion about whether it's problematic for a woman to make more money than her husband. Apparently, segment host Clayton Morris believes female breadwinners are causing serious martial issues among heterosexual couples.

"Isn't there some sort of biological, innate need for men to be the caveman?" he asked a panel of guests.

A genuinely concerned Morris then went on to argue that men should be responsible for "going out and bringing home the dinner" and it is emasculating for a husband to be out-earned by his wife.

I understand that no one has ever accused the talking heads at Fox of being overly feminist, but this news segment seemed particularly chauvinistic, even for them.

It's hard to believe that people are still clinging to these outdated gender roles. Hosting a televised debate about how "Alpha women" are undermining their husbands and contributing to some sort of imagined societal breakdown seems like something that might have happened in 1954, not 2014.

Are we really supposed to believe that modern men are so fragile and insecure? A 2013 Pew Research Study found that almost a quarter of married mothers in the U.S. earn more than their husbands, which means there must be a lot of bruised male egos out there, according to Morris's caveman logic.

In my opinion, women who are the primary income earners in a relationship are about as "problematic" as husbands who change diapers or do the laundry.

Children are incredibly draining on all of your resources — time, energy and definitely money — and nobody should be criticized for contributing to the family finances.

A man's self-esteem might be closely linked to his career, but so is mine.

The women I know are far more likely to find self-fulfillment by succeeding in a lucrative career than perfecting their ability to bake a cake or be a "good wife" in the traditional, Fox News kind of way.

Raising a family is a joint effort. Married partners are playing on the same team, and men and women shouldn't be competing over their paycheques.

There are so many different types of households, and expecting the partner with the most testosterone to fulfil the role of "provider" at all times is a completely archaic notion.

Female breadwinners aren't an issue; sexist news anchors who broadcast their patriarchal opinions and disapprove of women with high-paying jobs are the real problem in this scenario.

Men should be proud to be coupled up with a successful partner, not worrying about how their wife's salary impacts their own masculine identity.

Follow Jessica Napier on Twitter @MetroSheSays

WE ACT:
CANADA DOES GOOD

Stories from hospital hallways

Each month, we profile a Canadian who's up to a whole lot of good. Here's one we'd like you to meet:

Who: Jackie Kinder, community volunteer with Childcan, London, Ont.
What: Fundraising and organizing community events to help support the families of young people diagnosed with cancer.
Why: To provide the families with the financial and community support they need to focus on their children.

Jackie met 14-year-old Stephanie Simmons, a three-time brain-tumour survivor, when she began volunteering with Childcan. "She's my hero," says Jackie. "Knowing what she went through and knowing that through it all she was so brave, so concerned with helping other children, that's what hooked me." Since then, Jackie has taken a leading role fundraising for Childcan, participating in the Inside Ride cycling event and the National Day of Action for kids with cancer at the CN Tower.

Jackie Kinder, right, with Stephanie Simmons, a three-time brain tumour survivor. CONTRIBUTED

What motivated you to get involved with families dealing with childhood cancer?
"You don't leave a child alone in the hospital — you're there for the long haul, and it's incredibly demanding on the family. When families come into the hospital, Childcan has people there right away to offer support. We bring them into the Childcan family, and I fundraise to help with gas, cafeteria vouchers, parking and credit-card bills. The financial hardships are major — but help is always there."

You've spent your life working with young people, first as a teacher and now as a volunteer. What advice do you have for them?
"Take the time to find and develop your passion for a cause. I've met some wonderful volunteers, and they are all happier for the work they do. They've learned that happiness doesn't mean all that you own — it's about giving back to other people. It's something I learned from Stephanie: it's the feeling you get doing something worthwhile for other people in your community that keeps us going."

CRAIG AND MARC KIELBURGER

METRO AUGMENTED REALITY

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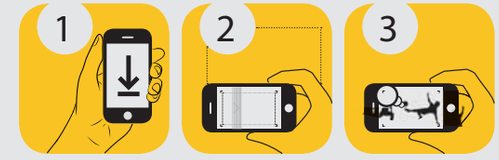

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In this issue, you can find AR enhancements on page 8 in Business, page 12 in Scene and page 18 in Sports.

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1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
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MetroTube

How to blast a tune

ANDREW FIFIELD
metronews.ca

Every year, the city of Hamburg celebrates its harbour's birthday with a massive bash along the Elbe. Drawing more than one million people, the harbour party features vessel parades, something called a tugboat ballet and the much more humble-sounding dragon boat race.

But this is a party, after all. And what party is complete without music? Enter the enormous cruise ship MSC Magnifica — launched from this very harbour in 2010 — and its bone-rattling, horn-fired rendition of Seven Nation Army.

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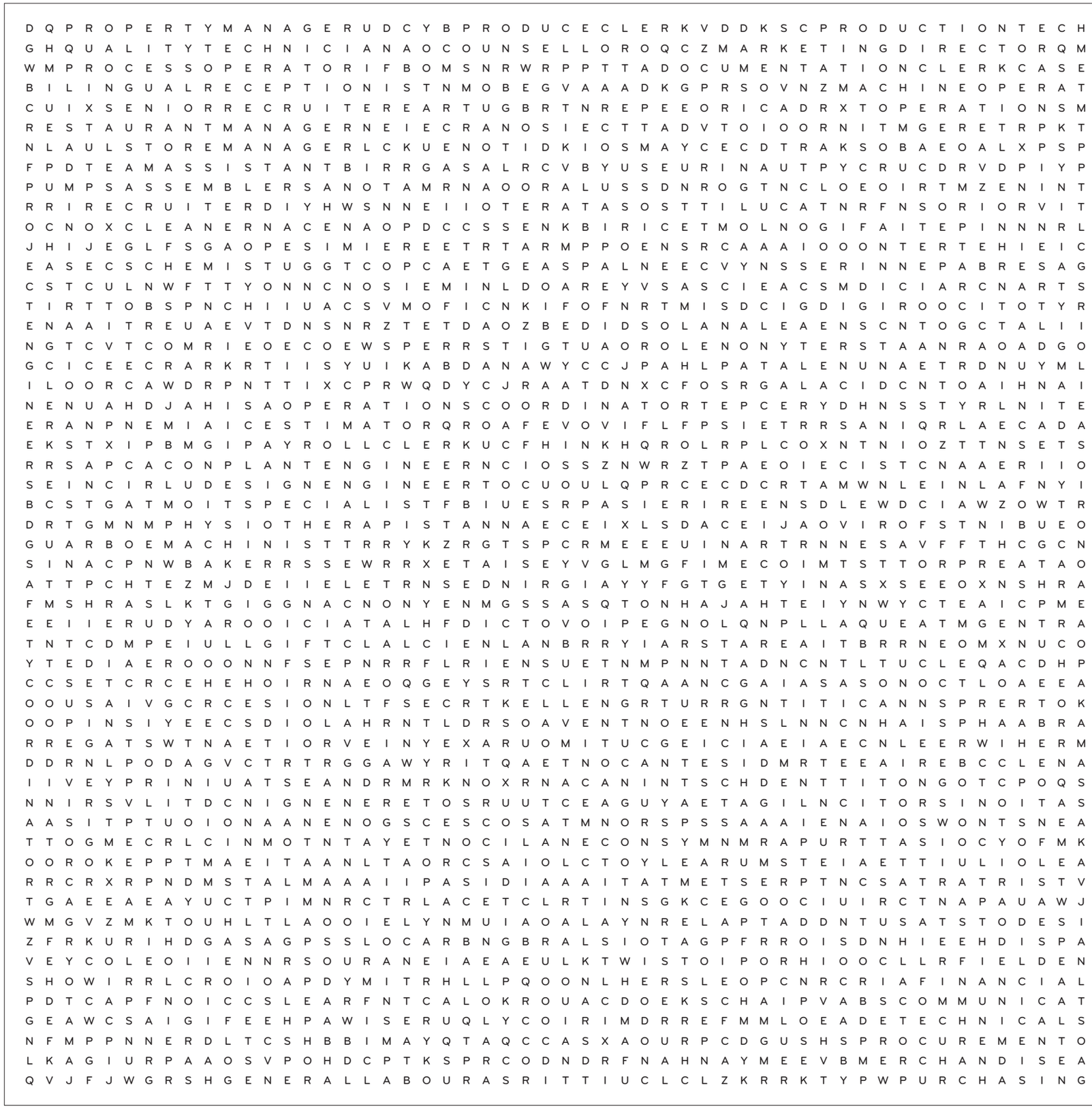
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Facility Manager
Field Engineer
File Clerk
Financial Accountant
Financial Advisor
Financial Analyst
Financial Controller
Financial Planner
Flight Attendant
Forklift Operator
General Labour
Geologist
Graphic Designer
Head Cashier
Host
Hotel Positions
Housekeeper
HR Consultant
Industrial Engineer
Inside Sales
Instructional Designer
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Mortgage Specialist
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Network Analyst
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Occupational Therapist
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Plant Engineer
Plant Manager
Police Officer
Policy Analyst
Power Engineer
Pricing Analyst
Process Operator
Procurement Manager
Procurement Officer
Procurement Specialist
Produce Associate
Produce Clerk
Production
Production Coordinator
Production Engineer
Production Manager
Production Operator
Production Planner
Production Supervisor
Production Technician
Production Worker
Program Coordinator
Project Accountant
Project Administrator
Project Coordinator
Project Engineer
Property Administrator
Property Manager
Psychologist
Purchaser
Purchasing Analyst
Purchasing Clerk
QA Analyst
Quality Engineer
Quality Manager
Quality Specialist
Quality Technician
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Recruitment Consultant
Recruitment Coordinator
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Registered Nurse
Rehabilitation Assistant
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Research Associate
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Safety Coordinator
Sales
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See that symbol? It means you can scan the photo below with your Metro News app. St. Vincent performs Lithium at the Rock And Roll Hall Of Fame induction ceremony for Nirvana

SCENE 2

St. Vincent wants all of your mind this summer

Indie musical landscape. Singer Annie Clark comes into her own, creating a live show unlike any other St. Vincent concert

PAT HEALY
Metro World News in Boston

St. Vincent performs at the Rock and Roll Hall of Fame Induction Ceremony for Nirvana. LARRY BUSACCA/GETTY IMAGES

Just because St. Vincent's summer itinerary is packed with more than a dozen festival dates on four continents doesn't mean that Annie Clark is scaling back the theatrics of the St. Vincent concert experience.

The singer and guitarist will still force herself down a giant set of pink stairs, writhe around against a storm of strobe lights and eventually command the procession, purposefully poised like a cross, from an oversized pink throne.

"We've worked really hard on this strange fever dream of a show, bringing it to life," says Clark, "so it's important that people get the whole experience, even if it's at a festival."

That "strange fever dream of a show," along with the self-titled fifth St. Vincent album, may be the most definitive statement from any artist this year. From Clark's fat guitar leads to her strange and simple lyrics — any of which can Wbe pulled out to illustrate what St. Vincent is all about in 2014 — it feels like the artist has truly discovered her identity.

"I'll always be evolving and be restless and wanting to move violently into the future," says Clark of arriving at something that could be considered iconic, "but I was reading Miles Davis's autobiography and it was saying how the hardest thing about being a musician is to sound like yourself. I can hear one note of Miles or Coltrane and know that it's them and it's the world that they have painstakingly created to be unmistakable. I just thought that this record for me was something where I had successfully created a landscape that was my own."

This landscape includes Clark's stylized lavender/gray old lady hair, of which she says: "Everyone is really obsessed with being young and youth culture and this sort of erroneous idea that things are the best when you are young, and I am young, but I wanted to see what it would look like to go in the opposite direction." And this landscape also includes conscious choreography in the live show, the likes of which hasn't been seen on a St. Vincent tour before. Clark says she was inspired by doing an album and tour with David Byrne, whose live show included an eight-piece brass band moving around the stage and creating what Clark says was "this whole other level of drama and whimsy and symbolic subconscious meaning that the audience can pick up on."

"I wanted to create a real experience for people, especially in this day and age where we are kind of obsessed with capturing moments at the expense of living them," she says. "I wanted to encourage people as much as possible to be present and be so engrossed in the show that they are not tempted to check their text messages."

SNL musical guest

St. Vincent will be the musical guest on the season finale of Saturday Night Live this weekend.

DVD review

Her

Director. Spike Jonze

Stars. Joaquin Phoenix, Scarlett Johansson

●●●●○

Most sci-fi films make a human/machine love connection seem perverse or at least far out, yet Spike Jonze's Her treats it as a mild novelty.

Set about five years in the future in techno-fabulous L.A., it's nominally a simple sci-fi romance of a man, played by Joaquin Phoenix, falling in love with a machine, voiced by Scarlett Johansson.

There's much more going on than this, of course, as you'd expect from the director who brought us the layered head-spinners Being John Malkovich, Adaptation and Where the Wild Things Are. The film's subliminal message is that the human touch is in danger of being replaced with an "on" switch.

Phoenix and Johansson make for a completely convincing couple. Jonzesidesteps sniggers, shivers and convention, putting in plot twiststhat are at once shocking and completely logical.

He's really interested in the difficulty of making and maintaining emotional and intellectual ties, no matter whether the heart is made of flesh or silicon.

Extras include several making-of featurettes.

PETER HOWELL

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Angel Olsen gets personal

Lonely love songs. The emotionally charged singer relies only on herself as a songwriter, and the result is beautifully intimate

PAT HEALY
Metro World News in Boston

Angel Olsen's Burn Your Fire For No Witness is out now on Jagjaguwar. CONTRIBUTED

When Angel Olsen was working on her second studio album, Burn Your Fire For No Witness, which came out in February, she says she frequently found herself adhering to the whole For No Witness idea.

"It was all written in the same period, so whenever inspiration came to me, I would stop what I was doing because I could, because I was working for myself," she says. "So it was like, 'I can go home now — instead of this party — and write all of these things!'"

Wait, so she would literally leave parties?

"I remember weird examples," she confirms. "I wrote lota when it was the middle of summer and I was having kind of a weird day, and my friends had this family picnic at the park and I left. At the time, we lived in Chicago and we had access to this place that had a rooftop. I went up there and had a beer and a guitar. It was just me by myself and I recorded [it] on my phone."

The resulting album includes the sort of confessional musings that might occur in conversation between close friends a few beers deep. Her vocals and lyrics are equally intimate.

"Just listening back to stuff of mine, it's like, 'OK, I guess I'm pretty obsessed with the idea of death and being alone and losing people,' but it's also about finding people," she says. "I feel like it's something that we all think about all the time, but it's not something we all talk about. I don't know if people get anything from it, but I'm not trying to create a kind of cathartic experience for anyone; it just happens to be the things I write about."

Olsen says the way she writes music has changed, because the way she listens to music has changed.

"I would listen to these songs and be like, 'Why are these people always talking about love?' They're just so disappointed and so lonely, it's ridiculous," she says. "And then I would listen to it again, and the more you live, the more that these simple thoughts cut deeper. You have more experiences with people and more experiences in general, with your friendships changing; I think that I've developed a different perspective on writing songs on stuff like that and embracing it. I think that's why I tend to obsess over it."

Back to the future

Michael Fassbender GETTY IMAGES

Michael Fassbender headed for Prometheus sequel

During a promo tour for X-Men: Days of Future Past, a brief exchange between Michael Fassbender, James McAvoy and a journalist from the website Collider shed some light on the still hypothetical Prometheus 2. Fassbender confirmed that the follow-up to Prometheus is indeed being planned, and that he will gladly return to the role of the android David. AFP

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Community doesn't make the cut for a sixth season

MELINDA TAUB
Metro World News

Community's cast of comedians. HANDOUT

The drama behind the scenes on beleaguered NBC sitcom Community was always nearly as compelling as the jokes onscreen. Perennially low-rated, Community faced cancellation every year for its five seasons. Now the scrappy little show that could finally can't: NBC gave it the axe last week.

The show's obsessive fans won't give up at such a minor setback, however. Fans have already begun petitioning production company Sony to shop Community to other networks.

But the plan won't work unless the most important fan of all, creator/showrunner Dan Harmon, is onboard, and he sounds decidedly unenthused.

"[W]hen Sony called me on Friday with the news, there was brief discussion at the end of the call about the concept of the show living elsewhere, and I was definitely in the 'eh' column," he writes on his blog.

"For a million reasons, some selfish, some creative, one logistic, five sexual, three racist (in a good way) and, oddly, nine isometric."

Ben's gambling Garners negative attention from Jennifer

Ben Affleck is developing quite a reputation in Las Vegas, with several casinos accusing the Argo star of card counting — and his wife, Jennifer Garner, is less than thrilled, according to Star magazine. "Jen demanded to go to Vegas with Ben because she doesn't trust him, and he felt like he had no choice but to take her," a source says of the couple's visit last month that didn't end well for Affleck. "But after their dinners there each night, she would go back to their suite while Ben would stay out all night playing cards, betting thousands of dollars at a time. It makes Jen so mad, but once Ben starts gambling he can't stop." Until the casino intervenes, at least. And the source claims that when Affleck was busted by the Hard Rock Hotel & Casino, Garner was by his side: "She looked totally bored and annoyed," the source says.

Solange Knowles GETTY IMAGES

She may be young, but she's ready to throw down

In an exclusive video from TMZ.com, you can see Beyoncé's sister, Solange Knowles, viciously attacking Jay-Z in an elevator after the Met Ball. A man who appears to be Jay Z's bodyguard holds the swinging and kicking Knowles back, but she makes contact with the Hova at least three times. For her part, Beyoncé just kind of stands there.

The video was taken by a surveillance camera in the elevator of the Standard Hotel after the big gala on May 4th during an after party. As TMZ.com points out, the bodyguard stops the elevator at one point, probably in hopes of keeping this private affair private.

Too late.

Justin Bieber GETTY IMAGES

Hoop screams: Bieber gets booed at basketball game

Justin Bieber isn't faring well in the court of public opinion, if his attendance at a Los Angeles Clippers game Sunday is any indication. The troubled Canadian pop star showed up court-side with his mother, Pattie Mallette, to celebrate Mother's Day watching game four of the NBA playoffs, and the other fans in attendance apparently didn't think that was a great idea, according to E! News. "The entire place booed him when Staples Center cameras put him on the Jumbotron," a source says.

You are Clooney-ly invited to mingle with models rather than mama

Woof, I don't envy George Clooney's friends. They had a terrible choice to make on Sunday: Spend the day with their moms for Mother's Day, or slip away to attend George Clooney and Amal Alamuddin's engagement party. On the one hand, a glittering group of A-listers; on the other, your mother realizing you'd rather hang out with George Clooney than her. Among those who chose the Cloon were supermodel Cindy Crawford, who co-hosted the event at her Malibu restaurant Café Habana, according to the Daily Mail. Crawford is a longtime Clooney pal and she and her husband Rande Gerber often double-date with Clooney and his arm candy du jour. Other guests included Bono, who could be a friend of bride or groom — he shares Clooney's passion for human rights, and Alamuddin, of course, is a human rights lawyer.

Looks can be deceiving — even when it comes to boredom

Why do we get bored?
One professor weighs in

KIERON MONKS
Metro World News in New York City

Researchers believe there are five types of boredom. ISTOCK

You might think it's your fault you're dozing off in a classroom or office, but that's not always the case.

There are clear categories of boredom triggered by one's environment, says pioneering researcher Dr. Thomas Goetz from the University of Konstanz in Germany (see sidebar).

What is the most common misconception about boredom?
It's important to recognize the different types, and clearly define the differences.

You say apathetic boredom is the worst — how bad can it get?
The problem is that it makes every experience negative and the potential for arousal is low. You can't do anything against this state and it can become a big problem related to depression.

What puts us at risk?
Some people tend to a specific state but only to a small degree; each experience is based on situations. It's important that people recognize the forms. Often the problem is a lack of freedom, such as at school. Teachers should be aware and try to find individualized methods that give students choice.

Is there a risk that teaching boredom could cause more boredom?
There is an argument from anxiety research that awareness increases the problem, but in this case it is about knowing and realizing, and this goes hand in hand with resolving it.

What follow-up research is needed?
We didn't measure the effects. We need diagnostic instruments to show the experiences of boredom.

Types of boredom

Here are the various categories.

- **Indifferent boredom.** A relaxing, possibly positive type – "a general indifference to, and withdrawal from, the external world."
- **Calibrating boredom.** Wandering thoughts — "general openness to behaviours aimed at changing the situation."
- **Searching boredom.** "Actively seeking out specific ways of minimizing feelings of boredom."
- **Reactant boredom.** Causes sufferers "to leave the boredom-inducing situation and avoid those responsible for this situation (e.g., teachers)."
- **Apathetic boredom.** Impossible to break from this mode – "dangerous, similar to depression."

Do you know the symptoms of vision problems that interfere with reading and learning?

GRAND
Gordon Ray Anderson
DEVELOPMENTAL VISION INSTITUTE

- ☑ Child dislikes reading
- ☑ Skips or rereads lines
- ☑ Excessive head movement when reading
- ☑ Loss of place when reading
- ☑ Trouble seeing the board
- ☑ Headaches in temple or brow area
- ☑ Difficulty remembering what has been read
- ☑ Holds head too close when reading
- ☑ Can't recall same word in paragraph
- ☑ Uses finger when reading

A regular eye exam determines the health of the eyes and whether glasses are required, but does not include evaluating visual dysfunctions that can contribute to academic struggles. If your child has any of the above signs, schedule a developmental vision eye exam today.

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Talking about ovarian cancer

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Raising awareness about ovarian cancer is crucial: 2,600 women are diagnosed with ovarian cancer in Canada each year. More than half will die. Plus, no effective screening test exists (many women believe the Pap test can detect this disease, but it can't), and the symptoms are hard to detect.

Melissa Greer writes about the issue in the current issue of Best Health magazine — Canada's healthy lifestyle magazine for women.

Women with the BRCA 1 or BRCA 2 gene mutation, who have a high risk of ovarian cancer, can reduce their risk of death before age 70 by 77 per cent if they have their ovaries removed. The research, published online in February in the Journal of Clinical Oncology, suggests that women with BRCA 1 who have this procedure by age 35 show the greatest benefit — reducing their risk of ovarian, Fallopian tube or peritoneal cancer by 80 per cent.

Ovarian Cancer Canada is holding fundraising events across Canada this year called Love Her (the next one is in Vancouver on May 28). At the Toronto event a couple of months ago, the lead author of the study cited above — the world-renowned Dr. Steven Narod of Women's College Research Institute in Toronto — shared the exciting news.

As national magazine partner to Love Her, Best Health was at the event to hear a moving speech by Bailey Urquhart, a 25-year-old from Hamilton, Ont., who was diagnosed with stage III ovarian cancer about a year ago. She had a complete hysterectomy (including removal of her ovaries) and underwent chemotherapy.

Pelvic or abdominal pain that lasts more than three weeks could be a symptom of ovarian cancer. ISTOCK

"You know your body best, and it's important to be your own advocate," Urquhart told the audience. She also reinforced the importance of being aware of the symptoms (including pelvic or abdominal pain that lasts longer than three weeks). In her case, her symptoms were overlooked by doctors time and time again.

For more information about the signs and symptoms of ovarian cancer, go to loveher.ca and ovariancanada.org.

BEST HEALTH IS ON NEWSSTANDS, OR YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.

Travis Stork. Doc shares health tips

Dr. Travis Stork is a practising emergency medicine physician and an Emmy-nominated host of The Doctors. These are his top health tips.

• Do neurobics. Stimulate your mind and enhance your brain's performance by changing up your regular routine. Tie your shoes with your eyes closed, take up a new hobby.

• Visit your doctor once a year and your dentist twice a year for routine check-ups; regular check-ups with your doctor and dentist can help uncover issues earlier.

• Oral health is an important part of your overall health, so it's important to practise a daily oral care routine which includes flossing, brushing for two full minutes twice a day, and rinsing. Only 44 per cent of Canadian adults claim to follow this oral care routine regularly, and not surprisingly more than half of Canadians suffer from gingivitis.

• Catch zzz's. Try to get seven to eight hours of sleep a night. Establish a routine and get in sync with your body's rhythm. Here's a good test: If you're getting up without an alarm in the morning, you're likely getting enough sleep and have good sleep hygiene. **NEWS CANADA**

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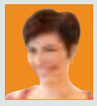
Health Solutions

Mary had a little lamb



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Mary had a little lamb, because the meat is moist and rich and satisfying, and a little lamb is all you need. Bahaha. OK, that's enough.

Delicious lamb is raised in Canada and is generally a local, grass-fed food.

That said, if you don't check the label, you are more than likely enjoying an imported product from New Zealand.

Lamb leg or rump can be a little higher in fat and calories but it has all of the benefits of other animal meats like protein, B12 and zinc.

Lamb chops are generally a quick-cooking, leaner option and a nice change.

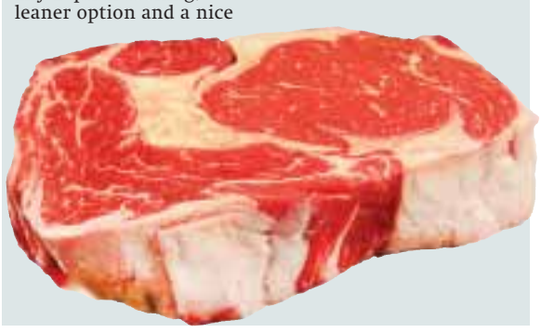
There is a slightly gamey flavour to lamb that can be an acquired taste but chops are generally milder. For newbies, sweet flavours like mint or raspberry are great compliments to minimize the grassiness.

The trick for cooking lamb chops is to be sure to preheat the grill to a very high heat but to only cook each chop for three or four minutes per side.

The protein is delicate and the meat is thin, so chops don't need much attention to be tender and delicious.

Let the chops rest for a few minutes before serving so that all of the juices remain within the meat.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Grilling Week. Day 2 of our week-long backyard bites series offers up a unique way to present a casual dish

THERESA ALBERT
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

For an interesting presentation, place salad greens in mason jars and drizzle dressing. Or, simply serve as salad topped with chops.

1. In large shallow dish, whisk together vinegar, mustard, soy sauce, rosemary, oil and garlic. Spoon half into a separate bowl and thin with water to make dressing.

2. Add lamb chop in single layer, turning to coat well. Cover and marinate on counter for 10-20 minutes or up to 24 hours covered in fridge, turning occasionally.

3. Discarding marinade, place chops on greased grill over medium-high heat; cook for about 5 minutes per side for medium rare or to desired doneness. Let rest or place into jars as below immediately to keep moist and warm.

4. For an interesting presentation, place salad greens in mason jars and drizzle dressing. Or, simply serve as salad topped with chops.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 3 tbsp raspberry vinegar
- 1 tbsp Dijon mustard
- 1 tbsp soy sauce
- 2 tsp fresh rosemary (minced) or 1/2 tsp dried
- 2 tbsp olive oil
- 1 clove garlic, minced
- 1/4 cup water
- 12 cups mixed greens
- 8 lamb chops

This recipe serves six. COURTESY THERESA ALBERT

Get 'em while they're grilled

1. In skillet over medium-high, heat oil until lightly smoking. Add garlic and sauté 1 minute. Add ginger, then sauté another minute. Add black beans, miso, red onion, Peppadews, jalapenos, scallions and cilantro. Sauté 1 minute, then stir in the oyster sauce, soy sauce, sugar, sake, 1/4 cup of water and orange juice. Bring to a boil, then simmer for 2 minutes.

2. In glass, stir cornstarch and remaining 1 tablespoon of water. Stir into the sauce and cook, stirring, for another minute. The sauce will be very thick and chunky. Set aside.

3. Heat the grill to high.

4. Shuck the oysters, pouring off any extra juice and leaving the oyster in the bottom half of the shell. Top each oyster with 1 teaspoon of the sauce. Set the oysters directly on the grill grates and cook for about 30 seconds, or until just barely heated. Use tongs to carefully transfer the oysters (the shells will be hot) to a platter. Serve immediately. THE ASSOCIATED PRESS

Ingredients

- 3 tbsp sesame oil
- 2 tsp minced garlic
- 1 tsp minced fresh ginger
- 2 tbsp chopped canned black beans
- 2 tsp dark miso
- 2 tbsp minced red onion
- 1 tbsp each minced Peppadew and jalapeno peppers
- 1 tbsp sliced scallions
- 1 tbsp chopped fresh cilantro
- 3 tbsp oyster sauce
- 2 tbsp soy sauce
- 2 tsp sugar
- 1/4 cup sake
- 1/4 cup water, plus 1 tbsp, divided
- 2 tbsp orange juice
- 1 tbsp cornstarch
- 3 dozen oysters

This recipe makes three dozen oysters. MATTHEW MEAD/THE ASSOCIATED PRESS

Scan the below image with your Metro News app to view a photo gallery of Manchester City's championship festivities.

Decision time is upon Redblacks' Desjardins

CFL draft. Ottawa GM mum on who he has pegged with No. 1 pick

Laval centre Pierre Lavertu is thought to be atop the Ottawa Redblacks' draft board going into Tuesday's draft.
LUCAS OLENIUK/TORSTAR NEWS SERVICE FILE

While Ottawa Redblacks general manager Marcel Desjardins has entertained some offers for his first overall pick in the CFL draft, he says there's a "relatively good chance" he'll make the pick Tuesday night.

"There has been some (interest) but not a whole lot," Desjardins said Monday.

Desjardins says he knows who he wants to take first overall but is keeping it to himself. One player the Redblacks won't use the top pick on is McGill tackle Laurent Duvernay-Tardif, the top-ranked CIS prospect for the draft who was selected in the sixth round of the NFL draft Saturday by the Kansas City Chiefs.

"As much as he would've been a guy that we probably would've selected, now that he has a commitment from an NFL team there's no reason for us to go in that direction," Desjardins said.

The popular sentiment is if Desjardins keeps the No. 1 pick, he'll use it on Laval centre Pierre Lavertu. The six-foot-three, 300-pound Lavertu finished third in the CFL scouting bureau's season-ending top-15 rankings, and while he might not have the most upside and potential, Lavertu is generally regarded as one of the most pro-ready prospects in the draft.

Drafting Lavertu first overall would address a need for Ottawa after the off-season retirement of veteran Marwan Hage, whom the Redblacks selected in the CFL expansion draft in December from the Hamilton Tiger-Cats.

"Offensive line is a need, no doubt," Desjardins said. "But that doesn't necessarily mean 100 per cent that's what we'll do.

"There's a good chance but everybody talks about a certain number of guys, whether it's those two or three other top prospects. Just because they're being written about and spoken about that doesn't mean we have them graded the same way."

For the first time ever, the CFL draft will be held at night, with the first round broadcast live on TSN. That could give teams more time to talk trade with Desjardins, although the Redblacks GM isn't anticipating a lot of last-minute offers.

"Maybe a little bit but I wouldn't think that dynamic would change," he said.

THE CANADIAN PRESS

Centre of attention

If the Redblacks are coveting Pierre Lavertu, they might be well advised to take him No. 1 because the Winnipeg Blue Bombers, who have the No. 2 selection, are said to be very interested in the Laval centre.

- So much so that if Ottawa does take Lavertu first, the Bombers would then reportedly be willing to deal the second pick to acquire some assets while moving down and selecting a player who could still help them.

NBA

James' 49 leads Heat past Nets

LeBron James tied his playoff career high with 49 points, and the Miami Heat beat the Brooklyn Nets 102-96 on Monday night for a 3-1 lead in the Eastern Conference semifinals.

THE ASSOCIATED PRESS

Premier League

City still playing in United's shadow

Manchester City has deposed its neighbour as Premier League champions for the second time in three years, but is not close to usurping United's global supremacy — both as a football club and as a brand.

Even Premier League officials marked the end of the season by assuring United's owners of the team's enduring power.

"They are the world's largest football club in my view with huge resources, with huge determination and a fantastic fan base," league chief executive Richard Scudamore told Sky Sports television. "Of course their time will come again."

THE ASSOCIATED PRESS

Confetti falls in front of Manchester town hall on Monday.
THE ASSOCIATED PRESS

Pacioretty, Price pack 1-2 punch for Habs

Canadiens goalie Carey Price makes a save on the Bruins' Milan Lucic on Monday night in Montreal. RYAN REMIORZ/THE CANADIAN PRESS

Max Pacioretty broke out of a scoring slump with a goal and an assist in the second period and Carey Price made 26 saves as the Montreal Canadiens downed the Boston Bruins 4-0 to force a seventh game in their Eastern Conference semifinal series on Monday night.

Pacioretty, who had only one assist in the first five games, scored and set up Thomas Vanek's goal in the second period. Lars Eller scored in the first for Montreal and Vanek added his second of the game into an empty net with 3:56 left in regulation time.

Game 6

Canadiens	Bruins
4	0

Rookie Nathan Beaulieu, the Canadiens' 2011 first-round draft pick who was given a surprise start by coach Michel Therrien, picked up an assist in his first NHL playoff game and was plus-2.

The Canadiens repeated the scenario of their 2011 first-round series against the Bruins, winning at home to force a Game 7. That year, they lost the decisive game in overtime.

Montreal busted out of the gate after a rousing pre-game show and the teams played at a ferocious pace through the first two periods.

Game 7 is on Wednesday night in Boston.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
You have started many new things in recent weeks but you will soon have to choose which one or two projects you are going to focus on. There's no point trying to do it all.

♉ Taurus
April 21 - May 21
With the Sun moving through your birth sign you are eager to start something new. Don't wait for Lady Luck to drop opportunities into your lap — get out there and create them yourself.

♊ Gemini
May 22 - June 21
Everyone has daydreams but the power of your imaginings could lead you in some unusual directions. Try to keep a grip on reality today, otherwise your mind could float away!

♋ Cancer
June 22 - July 23
Work hard but leave yourself time for fun too. Friends will come by when you least expect it and you should be ready to drop what you are doing and make them feel welcome.

♌ Leo
July 24 - Aug. 23
You will be extraordinarily assertive on the work front, but you could also annoy people who think you are trying to usurp their position. You must stay on good terms with those in positions of power.

♍ Virgo
Aug. 24 - Sept. 23
You will find that a number of questions you have been asking over the past few weeks will answer themselves. Whether or not the answers are to your liking, at least you will know what it all means.

♎ Libra
Sept. 24 - Oct. 23
Fears you thought had been put behind you will return in unexpected ways. However, if you face up to those fears and deal with them bravely the planets indicate this will be the very last time they bother you.

♏ Scorpio
Oct. 24 - Nov. 22
The next few days are mainly about relationships. Challenges must be dealt with and certain people must be told in no uncertain terms that you are the boss. Compromise is possible, but only after you establish your authority.

♐ Sagittarius
Nov. 23 - Dec. 21
If you need to make changes in your working environment now is the time. Some of your colleagues won't like what you do but that's too bad. Either they fit in with your plans or they move out.

♑ Capricorn
Dec. 22 - Jan. 20
This is one of the best times of the year for you and you really should be making the most of it. Most things are possible, so set your sights high and make greatness your goal.

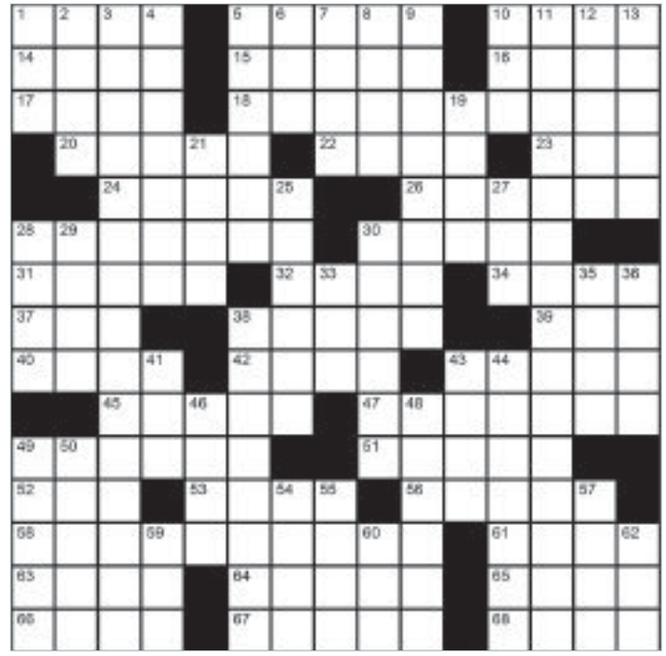
♒ Aquarius
Jan. 21 - Feb. 19
A difference of opinion with a friend or family member could get out of hand, so promise yourself no matter what is said you won't overreact. Soon all will be forgotten.

♓ Pisces
Feb. 20 - March 20
Travel is on the cards but so are hold-ups and unexpected diversions. Wherever you end up you'll have a lot of fun, so don't stay home – get out into the world. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers

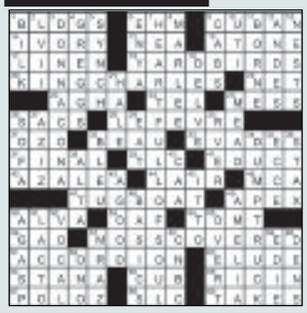
BY KELLY ANN BUCHANAN



Across
1. Summertime lotion nos.
5. 1974 Joni Mitchell album: '__ and Spark'
10. Obi-Wan portrayer
14. Actor Mr. La Salle
15. Remove garment stitches
16. Hair (Book by: Gerome Ragni and James __)
17. __-drama (TV genre)
18. __ Island, in New Brunswick, where President Franklin D. Roosevelt spent summers
20. Vegan's no-no
22. Small salmon
23. Actor Mr. Watanabe
24. Namesakes of the schemer in Othello
26. Discount
28. Stove part
30. Reserved
31. Canadian director Mr. Arcand
32. Mr. Esparza of NBC's "Law & Order: Special Victims Unit"
34. Alphabet quartet
37. Irish coronation stone, __ Fail
38. Crooner Mr. Crosby's
39. Sigma's follower
40. Latin pronoun
42. Beehive State
43. Earth tone
45. __ Beatz (Hip-Hop producer hubby of Alicia Keys)
47. In-the-midst-of-gigs musicians, say
49. Micky of "The Monkees"
51. Buyer's bender
52. 'Comp' completer (Calculate)
53. Similar
56. Sir Newton
58. Enrique Iglesias' ex-tennis player girlfriend Anna
61. Think, archaically
63. 'Within'-meaning prefix
64. Bona fide
65. Engrave
66. Fifth music scale
67. Director Mr. Hallstrom
68. "Away!"

Down
1. But, to Brutus
2. Advantages
3. Sherlock Holmes: 2 wds.
4. __ clean
5. Clock bird's call!
6. __ first name basis: 2 wds.
7. "Gomer Pyle, _._._._."
8. Taken-back vehicle
9. East-of-Edmonton Alberta town: 2 wds.
10. Not now
11. Burlington, ON band that famously appeared on "The Ellen DeGeneres Show": 4 wds.
12. Grace's surname on "Will & Grace"
13. Beatles 'Revolver' song: "For __ __"
19. Store sale's 'two for the price...' acronym
21. PR people, puny-ly
25. Squirt
27. Ark builder, in Italian
28. Nero's 451
29. Trompe l'__ (Visual illusion)
30. The 2000s = The __
33. Anecdotal collection
35. Teri of "Tootsie" (1982)
36. Shades
38. Sulky sort
41. Barn baa-er
43. Not theirs
44. Makes
46. __ __ instant
48. Narcotic
49. "The __ of Hazzard" (2005)
50. Autumn: Spanish
54. Big name in furniture
55. Eggy beverages
57. "Fame" character
59. Ms. O'Donnell's, shortly
60. Sixers, swanky-style
62. The Guess __

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	5	3	2	4	8	1	9	6
4	1	9	7	3	6	2	8	5
2	8	6	5	1	9	3	7	4
3	7	8	6	2	5	9	4	1
9	2	5	1	8	4	6	3	7
1	6	4	9	7	3	5	2	8
5	3	7	4	6	2	8	1	9
8	9	1	3	5	7	4	6	2
6	4	2	8	9	1	7	5	3

6	9						5	1
	2			6			3	
		4	3		9	7		
			1		3			
2								8
			4		2			
		9	7		8	6		
	7			4			8	
5	6						2	7

Weather

TUESDAY	WEDNESDAY	THURSDAY
MAX: 7° MIN: 4°	MAX: 5° MIN: 2°	MAX: 12° MIN: -3°

BT BREAKFAST TELEVISION

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